

ADHD ROUTINES



PICK A ROUTINE FOR THE TIME OF DAY IT IS CURRENTLY.

MORNING	AFTER SCHOOL	BEFORE BED	CUSTOM
<ul style="list-style-type: none"> ☑ Wake-up Time - Get up at the same time each morning. Try setting an alarm with your favorite song. ☑ Brush Teeth & Wash Face - Start the day feeling fresh. Use a visual reminder in the bathroom. ☑ Get Dressed - Lay out clothes the night before for a smoother morning. ☑ Eat Breakfast - A high-protein breakfast supports mental health and executive functions. ☑ Pack Backpack & Lunch - Keep everything by the back door for easy access. ☑ Be Ready to Leave for School - Give yourself an extra five-minute buffer to avoid feeling rushed. 	<ul style="list-style-type: none"> 🍏 Healthy Snack & Hydration - Enjoy a nutritious snack and a glass of water to refuel and recharge.. 📅 Homework & Study Session - Set a timer for focused work sessions (using methods like the Pomodoro Technique) to complete school assignments. ✓ Chore Time - Tackle a small, specific chore (like tidying up or preparing for the next day) to build routine and responsibility. 📝 Review Tomorrow's Schedule - Briefly go over the next day's plan to foster a sense of predictability and prepare for a smooth morning. 	<ul style="list-style-type: none"> 🛁 Bath or Shower - A relaxing way to transition into winding down. 🦷 Brush Teeth - A non-negotiable habit for daily basis hygiene. 📖 Read a Book or Quiet Activity - A great way to settle the brain before bed. 🧘 Simple Stretches / Wind Down - Helps older children and high school students relax. 🛏 Get in Bed - Keep the same bedtime each night to support a healthy circadian rhythm. Lights Out & Sleep - The best way to get restful sleep is to avoid screens at least 30 minutes before bed. 	<p>Create your own routine</p>